

1. A surgical retractor comprising:
 - a laterally extending rack having a proximal and distal portion;
 - a first arm connected to the rack at a first location and extending longitudinally from the first location, said first arm having a first segment, a middle hinged segment, and a third segment, said middle hinged segment connected to the first and third segments;
 - a moveable second arm having a housing for slidably engaging a portion of the rack, said second arm extending longitudinally from the housing; said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and the at least temporary fixation of the housing at the desired location; and
 - wherein said middle segment of said first arm is angled toward the second arm.
2. The surgical retractor of claim 1 wherein said second arm further comprises a first segment, a middle hinged segment, and a third segment, said middle hinged segment connected to the first and third segments.
3. The surgical retractor of claim 2 wherein the middle hinged segment of the second arm is angled toward the first arm.

4. The surgical retractor of claim 3 wherein a first angle of the middle hinged segment relative to the first segment of the first arm is substantially equal to a second angle of the middle hinged segment relative to the first segment of the second arm.
5. The surgical retractor of claim 3 wherein a third angle of the middle hinged segment relative to the third segment of the first arm is substantially equal to a fourth angle of the middle hinged segment relative to the first segment of the second arm.
6. The surgical retractor of claim 1 wherein the first segments of the first and second arms are substantially parallel.
7. The surgical retractor of claim 1 wherein the third segments of the first and second arms are substantially parallel.
8. A surgical retractor comprising:
 - a laterally extending rack having a proximal and distal portion;
 - a first arm connected to the rack at a first location and extending longitudinally from the first location to an end;
 - a moveable second arm having a housing for slidably engaging a portion of the rack, said second arm extending longitudinally from the housing to an end; said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and at least temporary fixating the housing at the desired location, said second arm having a first segment, a

middle hinged segment, and a third segment, said middle hinged segment connected to the first and third segments; and

wherein said middle segment of said second arm is angled toward the first arm.

9. The surgical retractor of claim 8 wherein the end of the first arm is rotatable about a longitudinal axis relative to the rack.

10. The surgical retractor of claim 8 wherein the end of the second arm is rotatable about a longitudinal axis relative to the rack.

11. The surgical retractor of claim 8 wherein the first arm is connected to rack at a housing for slidably engaging a portion of the rack, said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and at least temporarily fixating the housing at the desired location.

12. A surgical retractor comprising:

a laterally extending rack having a proximal and distal portion;

a first arm connected to the rack at a first location and extending longitudinally from the first location to an end;

a moveable second arm having a housing for slidably engaging a portion of the rack, said second arm extending longitudinally from the housing to an end; said housing having an adjustment

mechanism for allowing the positioning of the housing relative to the rack at a desired location and at least temporary fixating the housing at the desired location; and

at least one of the first and second arms rotatable about a longitudinal axis relative to the rack.

13. The surgical retractor of claim 12 wherein the at least one of the first and second arms further comprises a locking lever for selectively securing the one of the first and second arms in a fixed rotational position relative to the rack.

14. The surgical retractor of claim 12 wherein the second arm further comprises a first, second and third segment with the second segment hinged intermediate the first and third segment, and said second segment is angled toward the first arm.

15. The surgical retractor of claim 12 wherein the first arm further comprises a first, second and third segment with the second segment hinged intermediate the first and third segment, and said second segment is angled toward the second arm.

16. The surgical retractor of claim 12 wherein the rack is domed intermediate the first location and the desired location.

17. The surgical retractor of claim 12 wherein the at least one of the first and second arms is the second arm and the second arm further comprises at least a first segment connected to the housing with said first segment rotatable relative to the housing.

18. The surgical retractor of claim 12 wherein the at least one of the first and second arms is the first arm and the first arm further comprises at least a first segment extending longitudinally of the first location and the first segment rotatable relative to the first location.

19. The surgical retractor of claim 17 wherein the second arm further comprises a locking mechanism selectively securing the first segment relative to the housing fixing an angle of rotation of the first segment relative to the housing.

20. The surgical retractor of claim 18 wherein the first arm further comprises a locking mechanism selectively securing the first segment relative to the first location fixing an angle of rotation of the first segment relative to the housing.